

COMMAND SUPPORT

2009 FFSC SCHEDULE AND PROGRAM DESCRIPTIONS

Family Readiness Group Leadership Training

Jan 14 (<i>Advanced</i>)	6:30 pm - 9:00 pm	Norfolk
Feb 7 & 8 (<i>Symposium</i>)	8:30 am - 4:00 pm	Norfolk
Mar 10 (<i>Homecoming</i>)	6:30 pm - 9:00 pm	Little Creek
Mar 25 (<i>Advanced</i>)	6:00 pm - 8:30 pm	Yorktown
April 18 & 19 (<i>Symposium</i>)	8:30 am - 4:00 pm	Norfolk
May 19 (<i>Homecoming</i>)	6:30 pm - 9:00 pm	Oceana
Jun 9 (<i>Advanced</i>)	6:30 pm - 9:00 pm	Little Creek
Jul 25 & 26 (<i>Symposium</i>)	8:30 am - 4:00 pm	Norfolk
Sep 3 (<i>Advanced</i>)	6:00 pm - 8:30 pm	Yorktown
Sep 8 (<i>Homecoming</i>)	6:30 pm - 9:00 pm	Little Creek
Oct 13-15 (<i>Symposium</i>)	6:00 pm - 9:30 pm	Norfolk
Nov 9 (<i>Advanced</i>)	6:30 pm - 9:00 pm	Oceana
Dec 8 (<i>Homecoming</i>)	6:30 pm - 9:00 pm	Norfolk

PCO/PXO Spouses Workshop

Feb 10	9:00 am - 2:00 pm	Norfolk
Aug 5	9:00 am - 2:00 pm	Oceana
May 22	9:00 am - 2:00 pm	Little Creek

Enlisted-to-Officer Spouse Transition Program

Jun 2	5:30 pm - 8:30 pm	Norfolk
-------	-------------------	---------

Leadership Spouse Conferences

Call FFSC Norfolk at 444-2102 for dates and times.

Ombudsman Assembly

January 15	7:00 pm - 9:00 pm	NAVSTANOR (U-93)
March 19	7:00 pm - 9:00 pm	NAVSTANOR (U-93)
May 21	7:00 pm - 9:00 pm	NAVSTANOR (U-93)
July 16	7:00 pm - 9:00 pm	NAVSTANOR (U-93)
November 19	7:00 pm - 9:00 pm	NAVSTANOR (U-93)

Ombudsman Basic Training

Jan 7-9	6:00 pm - 9:30 pm	Norfolk
Jan 10	8:00 am - 4:30 pm	Norfolk
Jan 28-29	8:30 am - 4:00 pm	Oceana
Feb 20-22	8:30 am - 4:00 pm	Little Creek
Mar 9-11	8:30 am - 4:00 pm	Oceana
Apr 22-24	8:30 am - 4:00 pm	Little Creek
May 15-17	8:30 am - 4:00 pm	Norfolk
Jun 15-17	8:30 am - 4:00 pm	Newport News
Jun 26-28	8:30 am - 4:00 pm	Oceana
Jul 31-Aug 2	8:30 am - 4:00 pm	Little Creek
Sep 18-20	8:30 am - 4:00 pm	Oceana
Oct 21-23	6:00 pm - 9:30 pm	Norfolk
Oct 24	8:00 am - 4:40 pm	Norfolk
Nov 13-15	8:00 am - 4:00 pm	Little Creek
Dec 11-13	8:30 am - 4:00 pm	Oceana

Ombudsman Advanced Training

Feb 19	6:30 pm - 8:30 pm	NAVSTANOR (U-93)
Apr 16	7:00 pm - 9:00 pm	Oceana
Oct 15	6:30 pm - 8:30 pm	Little Creek

Family Readiness Group Leadership Training

Readiness Groups play an integral part in keeping families together in various situations, especially during deployment. Contact your closest FFSC for more information.

★ *FRG Leadership, Command Ombudsman, Command Leadership, and spouses are invited.*

PCO/PXO Spouses Workshop

This workshop is for spouses of Prospective Commanding Officers (PCO) and Prospective Executive Officers (PXO). It provides information on military and community resources, roles of PCO/PXO spouses, and leadership/growth opportunities. It also gives participants a chance to network and problem-solve together.

★ *Spouses of Prospective Commanding and Executive Officers are invited.*

Enlisted-to-Officer Spouse Transition Program

This program is for spouses of Navy personnel who have recently been, or are about to be, commissioned LDO/CWO. Participants have an opportunity to share feelings and develop a better understanding of this transition. Topics include pre-commissioning feelings and concerns, changes that may occur in relationships with friends and peers, and social customs and traditions.

★ *Spouses of Navy personnel who have recently been or are about to be commissioned.*

Leadership Spouse Conferences

A variety of topics are covered in this training to assist spouses in defining and confidently fulfilling their role as part of the command support team.

★ *Spouses of Commanding, Executive Officers, Junior Officers, CMC/COB, Prospective Commanding and Executive Officers are invited.*

Ombudsman Assembly

Held bi-monthly at Building U-93, Naval Station Norfolk. Assembly meetings are a forum for gaining information and sharing ideas about the Regional Ombudsman Program.

★ *Ombudsmen, Chaplains, Senior Leadership and their spouses are invited.*

Ombudsman Basic Training

This training consists of 13 modules that help official command ombudsmen and command leadership team members work effectively with their commands. Workshops provide resource avenues for helping families through crisis and daily living.

★ *Ombudsmen, COs, XO's, CMC/COBs, Chaplains, and their spouses are invited.*

Ombudsman Advanced Training

Advance Training is an opportunity for Ombudsmen to get in-depth information on resources and other important information they need to perform their jobs. Topics include but are not limited to Newsletter Writing, Crisis Response Issues, Family Violence etc.

★ *Ombudsmen, COs, XO's, CMC/COBs are invited.*



To register for any of these programs, call a sponsoring FFSC

**FLEET & FAMILY
SUPPORT
CENTERS**
MID ATLANTIC

Little Creek
462-7563

Newport News
688-NAVY

Norfolk
444-2102

Northwest
421-8770

Oceana
433-2912

Yorktown
887-4606

WEBSITE: www.ffscnorva.navy.mil